

Post-Deployment Readjustment

What You and Your Family Should Know



We Are At Attention!
We Salute You.
Now, How May We Serve You?

Welcome home.

Our experience tells us that returnees from different war theaters have unique needs and interests. Your local VA Healthcare System and Veterans Readjustment Center stand ready to serve you.





You Served Your Country

- You were well-trained for your service in the war zone.
- You served your country proudly and effectively.
- You may not yet feel prepared to face civilian life.

Relationships & New Challenges

- You may feel different.
- You may have family and friends and yet feel very alone.
- Stateside life has gone on in your absence.
- You may feel behind the times or left out of things.
- You may be facing new financial or occupational challenges.



The War Revisits You

- You may be reliving your wartime experiences.
- You may try to avoid persistent painful or frightening memories and images.
- You may have difficulty sleeping.
- You may feel watchful and on guard.



All of These
Experiences are
Expected Parts of Early
Post-Deployment
Living.

Tips on Managing this Phase

- Resist the urge to isolate and hide your feelings and experiences from your family.
- Avoid using drugs, alcohol, or gambling as they often prolong this adjustment period.
- Try to get back to activities you enjoyed before deployment.
- Practice relaxation techniques.



When You Should Seek Help

- It is common for people returning from a war zone to experience difficulties with readjustment.
- If your thoughts and images from the war zone do not gradually lessen and if you startle easily or your anxiety or anger are disrupting your ability to work, show love or socialize, do not hesitate to seek help.

[Click here for a Department of Veterans Affairs facility near you](#)

Helpful Links

- National Center for PTSD - www.ncptsd.org
- VA New York/New Jersey Military Sexual Trauma programs -
<http://www1.va.gov/visns/visn03/womenvets/sextr.asp>
- National Center for Women Veterans -
<http://www.va.gov/womenvet/>
- Readjustment Counseling Service -
<http://www.va.gov/rcs/>
- VA New York/New Jersey Mental Health programs -
<http://vaww.visn3.med.va.gov/mhcl.asp>